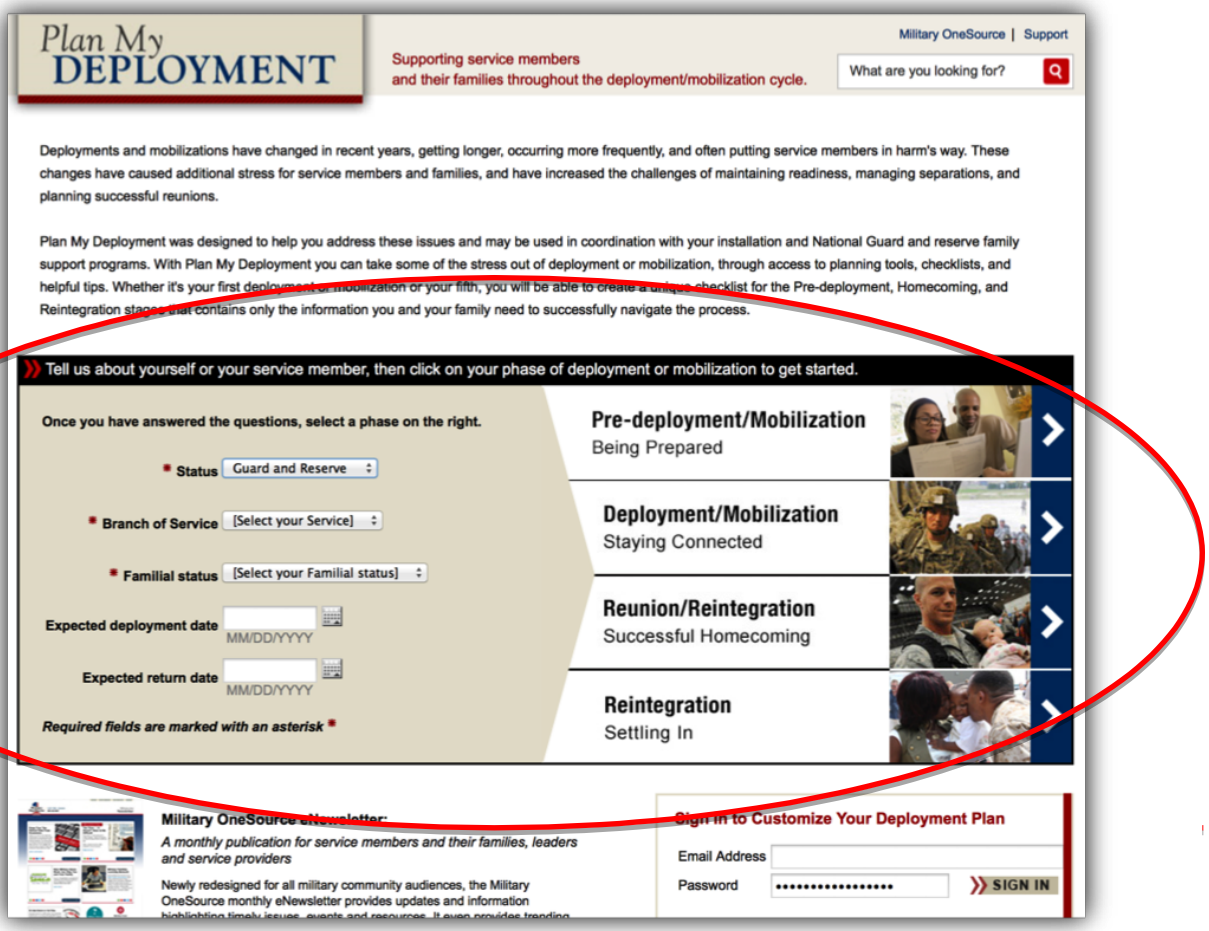
Post-deployment Support

Deployment cycle resource: Plan My Deployment


Plan My DEPLOYMENT
Supporting service members and their families throughout the deployment/mobilization cycle.
Military OneSource | Support
What are you looking for?
Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.
Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.
Tell us about yourself or your service member, then click on your phase of deployment or mobilization to get started.
Once you have answered the questions, select a phase on the right.
Status
Guard and Reserve
Branch of Service
[Select your Service]
Familial status
[Select your Familial status]
Expected deployment date
MM/DD/YYYY
Expected return date
MM/DD/YYYY
Required fields are marked with an asterisk
Pre-deployment/Mobilization
Being Prepared
Deployment/Mobilization
Staying Connected
Reunion/Reintegration
Successful Homecoming
Reintegration
Settling In
Military OneSource eNewsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information
Sign In to Customize Your Deployment Plan
Email Address
Password
SIGN IN

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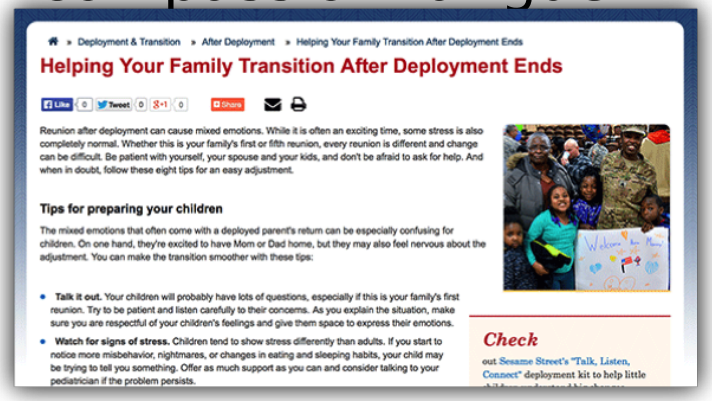
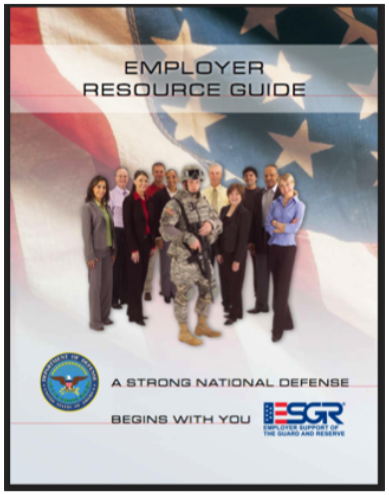
Post-deployment: reintegration

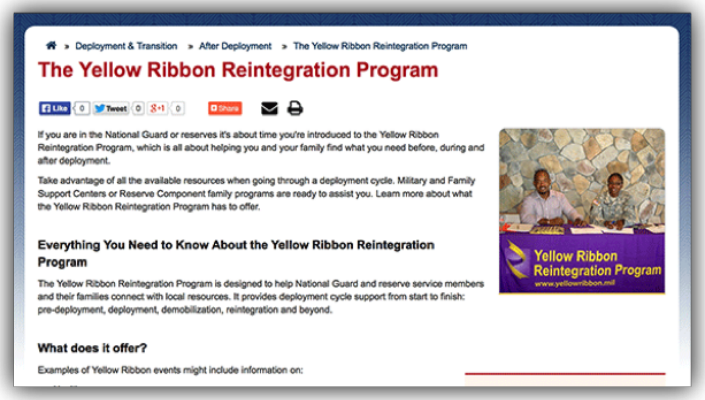
Topics

- Returning to civilian life
- Coping with combat stress
- Understanding compassion fatigue


Deployment & Transition » After Deployment » Helping Your Family Transition After Deployment Ends
Helping Your Family Transition After Deployment Ends
Reunion after deployment can cause mixed emotions. While it is often an exciting time, some stress is also completely normal. Whether this is your family's first or fifth reunion, every reunion is different and change can be difficult. Be patient with yourself, your spouse and your kids, and don't be afraid to ask for help. And when in doubt, follow these eight tips for an easy adjustment.
Tips for preparing your children
The mixed emotions that often come with a deployed parent's return can be especially confusing for children. On one hand, they're excited to have Mom or Dad home, but they may also feel nervous about the adjustment. You can make the transition smoother with these tips:
Talk it out. Your children will probably have lots of questions, especially if this is your family's first reunion. Try to be patient and listen carefully to their concerns. As you explain the situation, make sure you are respectful of your children's feelings and give them space to express their emotions.
Watch for signs of stress. Children tend to show stress differently than adults. If you start to notice more misbehavior, nightmares, or changes in eating and sleeping habits, your child may be trying to tell you something. Offer as much support as you can and consider talking to your pediatrician if the problem persists.
Check
out Sesame Street's "Talk, Listen, Connect" deployment kit to help little

Resources




Deployment & Transition » After Deployment » The Yellow Ribbon Reintegration Program
The Yellow Ribbon Reintegration Program
If you are in the National Guard or reserves it's about time you're introduced to the Yellow Ribbon Reintegration Program, which is all about helping you and your family find what you need before, during and after deployment.
Take advantage of all the available resources when going through a deployment cycle. Military and Family Support Centers or Reserve Component family programs are ready to assist you. Learn more about what the Yellow Ribbon Reintegration Program has to offer.
Yellow Ribbon Reintegration Program
Everything You Need to Know About the Yellow Ribbon Reintegration Program
The Yellow Ribbon Reintegration Program is designed to help National Guard and reserve service members and their families connect with local resources. It provides deployment cycle support from start to finish: pre-deployment, deployment, demobilization, reintegration and beyond.
What does it offer?
Examples of Yellow Ribbon events might include information on:

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Post-deployment: relationships

Topics

- Reconnecting with friends and family
- Becoming a couple again
- Communicating with children
- Dealing with conflict

Post-deployment: children and teens

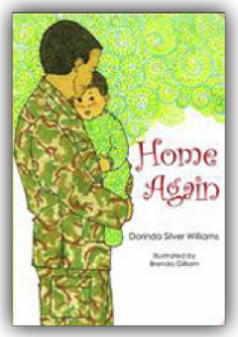
Topics

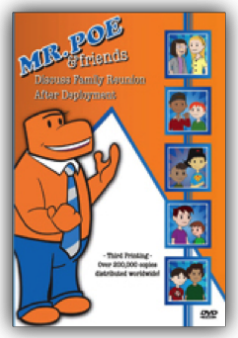
- Understanding children's and teen's reactions
- Balancing the reunion
- Building healthy and positive relationships with children and teens

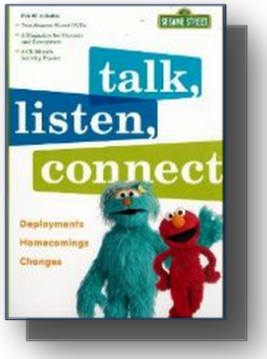
Resources

TumbleBooks e-books for e-Kids™

kids InfoBits







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Post-deployment: financial

Topics

- Establishing or updating a budget
- Considering large purchases
- Managing money

Resources

- Financial counseling
- Financial calculators
- Consumer reports
- Podcasts and materials

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